



A PUBLICATION OF THE U.S. DEPARTMENT OF LABOR AND JOB CORPS

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Job Corps Essentials

In Her Shoes
Spend a Day
with a Job Corps
Student

SUPER MOM

A Story of Success

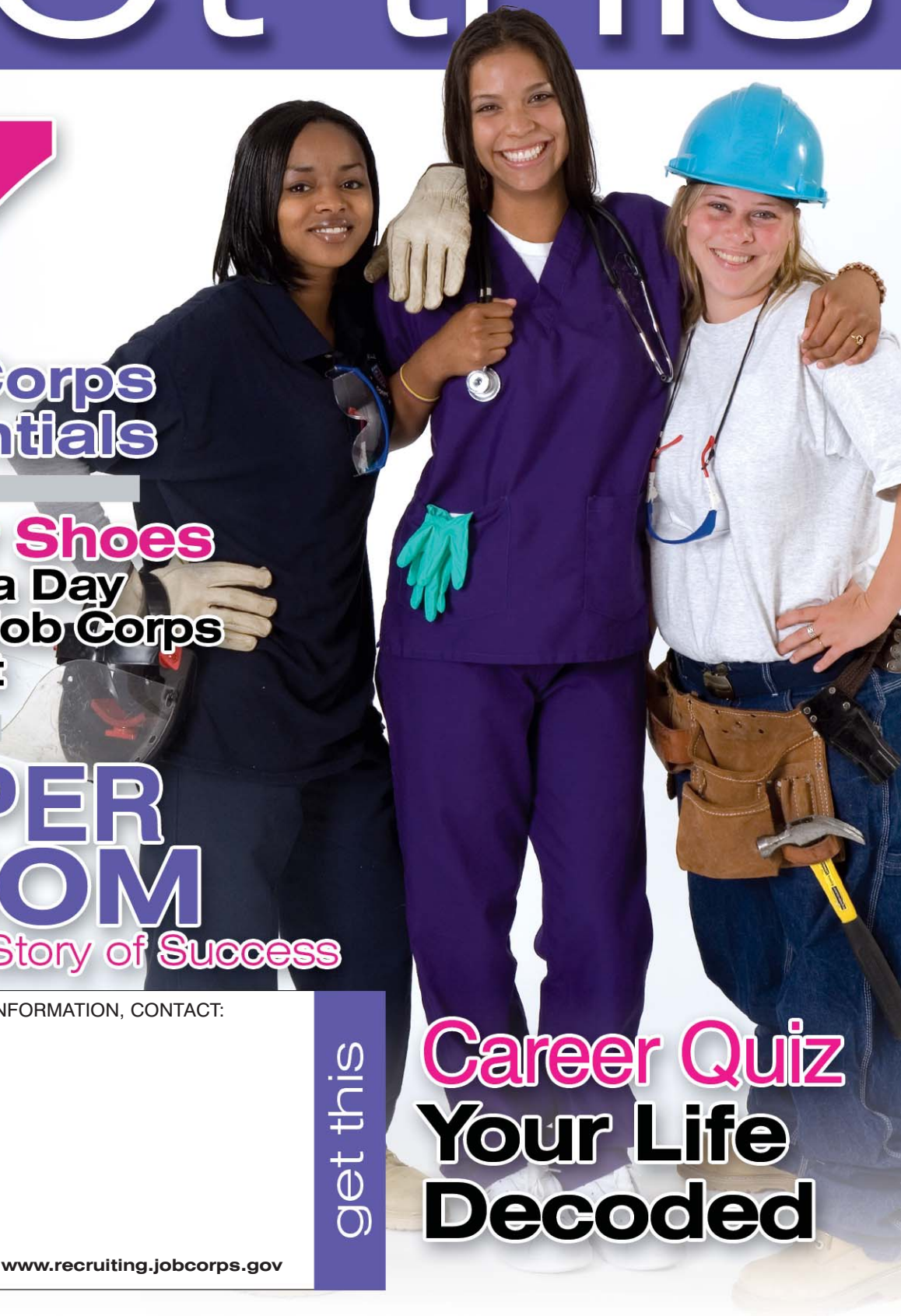
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Career Quiz

Your Life Decoded





WHAT IS JOB CORPS?

Job Corps is the nation's largest residential career technical training and education program for students ages 16 through 24. It is a U.S. Department of Labor program, established in 1964, that provides 100,000 young people each year with support services and hands-on training in America's fastest growing careers. If you are a young woman looking to get started in a promising career, Job Corps can provide you with the latest skills that today's jobs require so you'll be ready when great opportunities come your way.

And the best part? It's at no cost to you.



(800) 733-JOBS
www.recruiting.jobcorps.gov

Administered by the U.S. Department of Labor, Job Corps is the nation's largest career technical training and education program for students ages 16 through 24. Job Corps is a U.S. Department of Labor Equal Opportunity Employer Program. Auxiliary aids and services are available upon request to individuals with disabilities. TDD/TTY telephone number is (877) 889-5627.

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Clueless about your future? Find out which Job Corps career training program is right for you.

3 Prescription for Success

"I feel like Job Corps was perfect for me."

4 The Inside Track: A Day in the Life of a Job Corps Student.

6 A Reason To Succeed

Chelsie talks about what it is like to be a single mom and a Job Corps student.

7 Cover Girls

Get This cover girls talk about life at Job Corps.

8 Get the Scoop

Answers to your questions about Job Corps, and seven things every woman needs to succeed.



On the cover: Fahima, Andrea, and Kelli have fun during their photo shoot.

Look closely. Everyone pictured is an actual Job Corps student, graduate, or instructor.



"Job Corps opened many windows of opportunity for me. It gave me hope."

Learn more about Luzenda on **Page 4**.

CAREER QUIZ

THINK YOU **KNOW** WHAT CAREER AREA YOU'D LIKE TO STUDY? OR ARE YOU **LOOKING** FOR THE RIGHT CAREER?

Deciding what to do the rest of your life can be difficult. If you're clueless about careers, take our personality/career quiz. Although no quiz can tell you what career is right for you, this may give you some ideas as to what your dream job might be.

1 When you're with friends, who does most of the talking?

- A. I'm all mouth. They love to hear my stories.
- B. They do. I'm kind of shy.
- C. It depends on the topic of conversation.

2 In 10 years, you see yourself:

- A. Spending a year doing something like building houses for Habitat for Humanity.
- B. Graduating from college with a degree in business or pharmacy.
- C. Happy. No matter what career path I choose, I will be happy.

3 What is your favorite subject in school?

- A. Art. I love the free-flowing nature and creativeness of the class.
- B. Math. Being able to solve problems that take a lot of thought makes me feel good about myself.
- C. History. Learning about our country's past is so fascinating.

4 What is your fashion sense like?

- A. Sporty. I'm into styles that are casual and easy to move around in.
- B. Unique. I don't like dressing like everyone else.
- C. Comfy. I'm a jeans and T-shirt kind of gal.

5 Which reality TV show would you most want to be on?

- A. Survivor.
- B. The Apprentice.
- C. America's Next Top Model.

6 What do you enjoy doing in your downtime?

- A. Sports, being outdoors. I like to get out and work up a sweat.
- B. Retail therapy. Trying on clothes, buying shoes.
- C. I'm laid back and am happy doing pretty much anything.

7 What would be your idea of a dream vacation?

- A. Camping or backpacking in the great outdoors.
- B. A vacation with a complete itinerary and plenty of sightseeing.
- C. Lazy days, sunning myself at the beach.

IF YOU ANSWERED ...

mostly **A's**, you are an **Action-Adventure Girl**. Forget about sitting in an office all day, you crave working where the action is. With your hands-on personality, you might find careers such as welding, culinary arts, carpentry, or painting more in line with your lifestyle.

mostly **B's**, you are a **Budding Businesswoman**. You may be a little shy sometimes, but you've got strong ideas and prefer balance and stability in your life. You might want to try office administration or medical office support.

mostly **C's**, you are a **Laidback Lady**. You are an easy-going person who will be happy with a number of careers. You'll be great at whatever is thrown your way.

Job Corps also offers **driver education** courses for students who need it.

CAREER AREAS

Not every center offers each of these career technical areas. Call (800) 733-JOBS or check with your admissions counselor to learn what the Job Corps center nearest you offers.

Advanced Manufacturing

Welding

Automotive and Machine Repair

Automobile Technician
Collision Repair and Refinish

Construction

Bricklaying
Carpentry
Cement Masonry
Electrical
Facilities Maintenance
Heating, Ventilation, and Air Conditioning
Painting
Plumbing

Finance and Business

Accounting Services
Office Administration

Health Care

Clinical Medical Assistant
Licensed Practical/Vocational Nurse
Medical Office Support
Nurse Assistant/Home Health Aide
Pharmacy Technician

Homeland Security

Security and Protective Services

Hospitality

Culinary Arts
Hotel and Lodging

Information Technology

Computer Technician
Network Cable Installation

Renewable Resources and Energy

Landscaping
Urban Forestry

Retail Sales and Services

Retail Sales

Transportation

Heavy Equipment Operations
Material and Distribution Operations

... and many more!

All career technical training areas are aligned with industry certifications and are designed to meet the requirements of today's careers.



These career areas offer training in the latest green technology and industry-based practices to prepare graduates for careers in the green economy.

Prescription For Success

One Graduate's Story



Name: **Darshay**

Age: **25**

Occupation: **Pharmacy Technician**

As she busily fills prescriptions, Darshay can't help but feel successful.

"People with college degrees are making the same thing, if not less, than I am right now. I'm making more than \$15 an hour and living in a great apartment." The 25-year-old works at a busy pharmacy that on any given day fills between 1,500 and 2,000 prescriptions. But only a few years ago, Darshay was still undecided about her future. And then she came to Job Corps.

"The people at Job Corps reached out to me and helped me see potential that I didn't see in myself," says Darshay.

As part of getting certified as a pharmacy technician through Job Corps' training program, Darshay completed two internships in retail pharmacy settings. Now she works at a military base about 40 hours per week, typically 9 a.m. to 5:30 p.m. Darshay researched different occupations and decided to be a pharmacy technician based on the number of jobs that seemed to be available and the high starting pay.

“People with college degrees are making the same thing, if not less, than I am right now. I’m making more than \$15 an hour and living in a great apartment.”

Although she already has a good job, Darshay is continuing her education in pursuit of an even better job. In her "spare time," she attends community college so she can eventually go to pharmacy school. "My job is great because my bosses are flexible and will work with my schedule so I can go to class."

Darshay also sings in her church choir, tutors two girls and likes to hang out with her friends who are still going to Job Corps. "There are so many things you can experience at Job Corps that you would never imagine. I love to sing, and Job Corps helped me practice my talent. While I was a student, I sang at events on campus, and I even got to sing at a congressional event one time."

Darshay encourages anyone thinking about Job Corps to sign up. It's not easy, she says, unless you're in the right mindset. You have to be yourself, believe in your abilities, do your best, and stay determined.

"Whatever I do, I try to put my best into it. My experience at Job Corps worked out exactly as I wanted. I truly feel like going to Job Corps was meant to be."

●●●get the inside track

A Day in the Life of Luzenda

Wondering what a typical day looks like for a Job Corps student? To give you the inside track, we spent the day with Luzenda at Long Beach Job Corps Center in California. From the moment her alarm went off in the morning until her head hit the pillow at night, Luzenda showed us what life is like for the thousands of women enrolled in Job Corps.



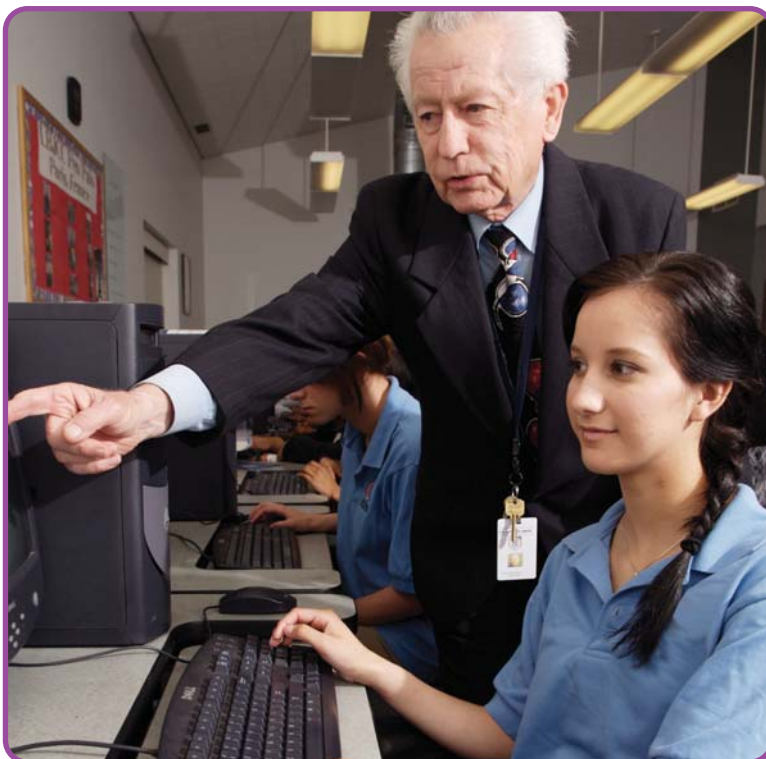
Time to get up and start the day! Before heading out, I have to make sure my room is clean and my bed is made. Then, I'm off to breakfast.

Name: **Luzenda**

Age: **18**

Career Area:

Nurse Assistant/Home Health Aide

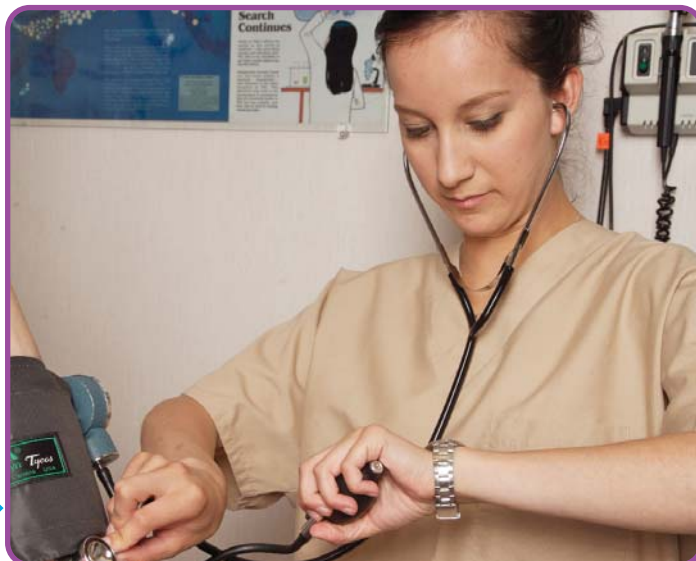


From 8 a.m. to 4 p.m. I am either in class studying to be a certified nurse assistant or in one of my academic training classes.



I usually meet up with some friends for lunch in the cafeteria around 12:15 p.m.

“One of the great things about Job Corps is the hands-on training.”



I plan to become a pediatric registered nurse, so the hands-on training I get at Job Corps is exactly what I need to help me reach that goal.



“I’ve made some great friends during my time at Job Corps.”



When I get out of class for the day, I usually study for a while, work out in the fitness center, or catch up with friends before heading to dinner.



After dinner, I might have a few small chores to do around campus, like dusting or catching up on my laundry.



Job Corps has plenty of activities available for students during our downtime.



At night, I try to get the rest of my studying done or read a good book before going to bed around 10 p.m. I’ve got a full day ahead of me so I’ve got to make sure I’m ready.

Recreational activities are offered at all Job Corps centers. Learn about other centers’ offerings at www.recruiting.jobcorps.gov.

a REASON to SUCCEED

She

- ... **became** a single mother at 19.
- ... **decided** she wanted more out of life.
- ... **enrolled** in Job Corps.
- ... **graduated** from college.

Chelsie knew this was not what she wanted out of life. Working at a daycare center so she could be near her son, Tyler, and get a paycheck, Chelsie watched as her high school friends began planning for their futures and graduating from college. Discouraged about her current situation, she knew she had to do something to change her life.



Chelsie with her son, Tyler.

“I had heard about Job Corps, but didn’t know if I could do it,” says Chelsie. But with an amazing family and a great group of friends supporting her, Chelsie decided to enroll in the Quentin N. Burdick Job Corps Center in North Dakota. While it wasn’t always easy going to school and taking care of her son, Chelsie found that Job Corps was exactly what she needed.

“The staff and teachers at Job Corps were so encouraging,” says Chelsie. “I began to feel good about myself, and my self-esteem soared.”

Having graduated from high school a few years earlier, Chelsie was able to begin studying in her career area – office administration. “I knew I wanted to go on to college, and I knew the office administration curriculum would help me no matter what I decided to do in life,” says Chelsie.

After graduating from Job Corps, Chelsie enrolled in Minot State University and began studying for her Bachelor of Science degree in elementary education. While at Minot State, Chelsie received the university’s outstanding student teacher education award. She graduated in the fall and is now a licensed elementary school teacher. Even though Chelsie took a different path than her childhood friends, she is happy with where she is today and gives much of the credit to the Job Corps program.

“Job Corps is the place to go to help you feel encouraged,” she says. “It is a steppingstone to solid ground. The program gives you all the tools to get you on the road to success and independence.”

Check with your local admissions counselor to see if child care is offered at a center near you.



Andrea, 24

Career area

Clinical Medical Assistant

Future plans

Find a good job at a hospital to gain a better understanding of the medical field and eventually work in a pediatrician's office.

What's the best thing about Job Corps?

The staff is so helpful and caring. I respect my center director.

Kelli, 19

Career area

Carpentry

Why did you choose carpentry?

I've just always been interested in it. When I was younger, my dad and I would always build things at my grandma's house. My first real carpentry project was a doghouse I built when I was 10.

Advice for those considering Job Corps

Do it. It's the best thing you could ever do.



Fahima, 18

Career area

Heating, Ventilation, and Air Conditioning

Future plans

Get a job working in my career area while attending college for a business management degree.

What's the biggest challenge you've faced as a Job Corps student?

Being homesick. I miss my family; but I talk to them every day, and they're my motivation and support for being here.

JOB CORPS ESSENTIALS

Seven things **every woman** needs at Job Corps

1 Favorite stuffed animal

It might be cheesy, but everyone needs a reminder of home. It could be a family photo, a stuffed animal, or letters from friends and family.

2 Alarm clock

If you want to ace your academic and training classes, you have to make sure you get enough sleep and wake up in time for class.

3 Calendar

You'll want to keep track of your activities and progress while you're at Job Corps. Always be looking ahead!

4 Brush

OK, it's not that essential; but going from class to class to hanging out with friends – you've got to make sure a girl looks good, right?

5 Chef's hat and work boots

Whether you're studying culinary arts or welding, it's important to have the right tools to succeed in your career studies. Don't worry – Job Corps will provide everything when you arrive on center.

6 CTS contact information

It's important to have your career counselor's number on hand, especially as you get closer to graduation, for advice on finding a job and looking for housing or transportation.

7 Willingness to work hard and desire to succeed

You can't see either of these; but if you have them, then Job Corps can show you the path to success.

“ I’VE NEVER HAD A ROOMMATE BEFORE, SO I’M A LITTLE NERVOUS. WHAT’S IT LIKE? ”

It's only natural to wonder what it's like to move in with a stranger. Here's the thing to remember: She's probably just as nervous as you are, so the best thing to do is to jump right in and get to know each other. Every roommate experience is different, but most Job Corps students will tell you it's great. Most end up becoming friends with their roommates, and those friendships last long after they graduate from Job Corps.

ASK

Answers to **REAL** Job Corps questions

“ WHO GOES TO JOB CORPS? ”

Job Corps is designed for men and women ages 16 through 24 who are looking to start a promising career. The program provides training and support services to more than 100,000 young people each year.

Yes, guys join Job Corps, too!





“ WHAT HAPPENS IF I GET SICK? IS THERE A DOCTOR ON CAMPUS? ”

You're in luck. Each Job Corps center has a Health and Wellness Center on campus with physicians and nurses who provide physical examinations and will care for you if you are sick. When you first arrive on campus, you'll receive an initial medical exam. This exam includes blood and urine tests, a review of medical history, review of drug history, vital-signs examination, tuberculosis testing, HIV/AIDS testing and counseling, and vision and hearing tests so our doctors have your medical history in case you get sick. The health center also provides women's health and dental services.

“ FREE EDUCATION, ROOM AND BOARD, AND JOB TRAINING? SOUNDS TOO GOOD TO BE TRUE. WHAT'S THE CATCH? ”

It might be hard to believe, but there's no catch. Job Corps is a government-sponsored program to help train America's young adults, like you, for some of the most popular jobs in the United States. By helping young adults get on the right track toward a solid career, everyone benefits.

“ WILL I HAVE TO WEAR A UNIFORM AT JOB CORPS? HOW WILL I BUY THE CLOTHES I NEED FOR MY TRAINING AND MY NEW CAREER? ”

Every Job Corps center has a uniform. It varies at each center, but most times it is a polo shirt and khakis. One thing is sure; it's always comfortable and casual so you can enjoy your day on center. Each student is also required to wear work clothes according to her particular career technical training area. Regardless of the uniform policy at your center, every Job Corps student is issued a work uniform free of charge after she is on center for two weeks. Students can also qualify for a clothing allowance.





FIVE TIPS FOR GETTING ALONG WITH YOUR ROOMMATES

- 1 Get to know each other.**
You're going to be spending a lot of time with your roommates, and they will be your first opportunity to make new friends at Job Corps. Take the time to ask and answer questions and get to know each other.
- 2 Find an activity you can share.**
There's nothing like having something in common to talk about. Maybe you can be workout partners. If you aren't involved in any of the same activities, you are likely to see each other at bedtime only.
- 3 Ask before you borrow.**
Just because you are sharing a room does not mean you want to share other things ... like clothing. Talk about what you want to share and what you want to be personal. Asking first can avoid conflicts later.
- 4 Be understanding.**
Everyone has bad days. Remember that you may not always be aware of what is going on in your roommates' lives.
- 5 Be open and honest.**
Talk to your roommates about what is important to you and things that may affect your relationship as roommates. Remember, to have good roommates takes being a good roommate.



FACT:
**Job Corps is a way
to get what you
want out of life.**

**These women did.
Will you?**



Job Corps is the nation's largest career technical training and education program for students ages 16 through 24. Find out more today.

(800) 733-JOBS
www.recruiting.jobcorps.gov
<http://mifuturo.jobcorps.gov> (español)

